



Valor & Allegiance Recreation Therapy - January 2022



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
JANUARY 2		JANUARY 3		JANUARY 4		Twelfth Night 5		6		Red Friday! 7		JANUARY 8	
January Birthstone = Garnet Flower = Carnation or Snowdrop Events subject to change!		0800 Morning Crossword 0900 Chair Exercise Virtual Travels Daily @ 1300-Ch 4		0900 Chair Exercise 1330 Valor & AL Social Distanced Bingo (PR) Please wear a mask!		0900 Chair Exercise Holiday Décor Clean Up! Un-decorating Day!		See Recreation for haircuts Holiday Décor Clean Up!		0900 Chair Exercise 0900-1330 Allegiance Walmart & Mall Lunch Trip!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4	
JANUARY 9		10		11		12		13		Wear Red! 14		15	
0830 Individual Visits (i) 0900 Catholic Svc (CH) 1030 Protestant Svc (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		0800 Morning Crossword 0900 Chair Exercise 1400 Ice Cream Sandwich Social! Please wear a mask!		0900 Chair Exercise 1330 Allegiance & Valor Social Distanced Bingo! (PR) Wear mask!		0800 Morning Crossword 0900 Chair Exercise WINTER WONDERLAND Monthly Cook-in Lunch!		See Recreation for haircuts 0900 Chair Exercise In a world where you can be Anything...Be kind!		0900 Chair Exercise 1000 Piano Time with Beth! (PR) 1800 Channel 4 Movie!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1400 Army Navy Football Game (TV)	
16		MLK, Jr HOLIDAY! 17		18		19		20		Red Friday! 21		22	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Service (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		Martin Luther King Jr, Day Is observed as a federal holiday on the 3rd Monday in January. "I Have a Dream!"		0900 Chair Exercise January Monthly B-Day LUNCH!! 1330 Val/Al Social Distanced Bingo! (PR)		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn @ (TH)		See Recreation for haircuts 0900 Chair Exercise Afternoon "Cooper" Pet Visits!		0900 Chair Exercise Read, watch a movie, catch a sports game, clutter clean your room, lots to do!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4 1800 Movie Channel 4	
23		24		25		26		27		28		29	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Service (CH) 1830 A Charlie Brown Christmas on PBS		0800 Morning Crossword 0900 Chair Exercise 1400 Ice Cream Social - Valor Piano Room		0900 Chair Exercise 1330 Allegiance & Valor Social Distancing Bingo! (PR) Please wear a mask!		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn @ (TH)		See Recreation for haircuts 0800 Protestant Svc 0900 Chair Exercise Virtual Travels Daily @ 1300-Ch 4		0900 Chair Exercise 1000 Piano Time with Beth! (PR) 1800 Channel 4 Movie!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4 1800 Movie Channel 4	
JANUARY 30		JANUARY 31		1		FEBRUARY 2		FEBRUARY 3		FEBRUARY 4		FEBRUARY 5	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Religious Service (CHAPEL)		0800 Morning Crossword 0900 Chair Exercise 1330 Picture a Puzzle? Word Games! (PR)		0900 Chair Exercise 1330 Valor & Allegiance Social Distancing Bingo! (PR)		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn (TH)		0900 Chair Exercise 1000 Jeopardy! (PR) Guess the Answer!!		0900 Chair Exercise 1000 Drum It Up! Drumming (PR)-Valor Piano Lounge		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1800 Movie Channel 4	
Please see Senior Television Channel 4 for Updates, Recreation Event Videos & Photo Slideshows!		Martin Luther King Jr, Birthday		Please ask for leisure supplies – puzzles, books, art, movies, cards, etc.		LOCATION KEY AT = Activity Room CC = Community Ct. F = Front Entrance		LOCATION PT = Patio PR- Valor Piano Lounge TH = Theater TV = TV Lounge		Skype visits available with your loved ones! See Jen or Susan		Wash Hands! Wear Masks! We Can Do It!	

